Cod Brandade Filo Parcels





Consejo del chef

Garnish with chopped parsley.

Raciones para 3

250 gr Desalted cod

Olive oil

- 3 Cloves Garlic
- 1 Potato

100 ml Cooking cream

6 Piquillo peppers

Fish stock

1/2 Spring onion

Salt

Black pepper

Filo pastry

Butter

Fresh parsley

- Peel and chop the potato. Place it on a perforated baking tray and steam at 100 % for 15 minutes or until tender. Heat a generous amount of olive oil in a pan and sauté the garlic cloves. Once they begin to brown, add the cod cut into cubes and cook until done.
- 2 Add the cooking cream and simmer for five minutes until it reduces. Transfer this mixture to a blender with the cooked potato and blend until smooth to form a paste.
- Lay out a sheet of filo pastry and brush it with melted butter. Place another sheet on top and add a couple of spoonfuls of the cod brandade mixture. Fold the pastry into a parcel and tie it with a piece of string. Bake for 15 minutes at 190 °C. Once out of the oven, cut and remove the string.
- 4 Lay out a sheet of filo pastry and brush it with melted butter. Place another sheet on top and add a couple of spoonfuls of the cod brandade mixture. Fold the pastry into a parcel and tie it with a piece of string. Bake for 15 minutes at 190 °C. Once out of the oven, cut and remove the string.
- 5 To serve, spread some of the pepper sauce on a plate and place a brandade parcel on top.

https://cookinglovers.teka.com/es/receta/saquitos-de-brandada-de-bacalao/

